

A PUBLICATION OF THE HANOVER COUNCIL ON AGING

665 Center Street • Hanover MA 02339 • Telephone (781) 924-1913 • coa@hanover-ma.gov

HANOVER HAPPENINGS

DECEMBER , 2015

HANOVER COUNCIL ON AGING MISSION STATEMENT

*To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs*

DECEMBER'S MESSAGE FROM THE DIRECTOR

For many, the month of December is the season of giving. The Hanover Senior Center is blessed to receive gifts all year long. The spirit of goodwill can be found in many different ways here. Perhaps you gave your seat to someone at one of our busy summer concerts, delivered a meal, or drove someone to the doctor. Did you give a donation of product? Were you out in the garden planting and weeding? The seasonal crafters worked so hard! Your knitted objects made with love were received with love. Thank you for your understanding when our one of our programs sold out and you could not sign up. Your patience and acceptance were gratefully acknowledged when we could not get to the reception desk at the moment you needed us or when it might be a little too loud or too cold or hot. Your gifts of support, appreciation, thoughtfulness and smiles you shared are invaluable. Your kindness goes a long way in helping us serve you and our gift to you will be continued excellence in service to you!

Wishing you all:

Peace, Good Health and Joy in the coming year.

Robyn



*Season
of Giving*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div><i>DECEMBER</i> <i>2015</i> <i>HAPPY</i> <i>HOLIDAYS</i></div>	<div>2</div> <div>9-12 SHINE (By Appt) 9:30 MORNING OUT 11:00 EMERGENCY PREPAREDNESS 12:00 LUNCH 1:00 TAI CHI 1:00 WATERCOLOR 1:00 COLORING PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</div>	<div>3</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER/BINGO</div>	<div>4</div> <div>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL</div>	<div>5</div> <div>8:30 ACUPUNCTURE (By Appt) 9-12 FOOT CLINIC 10:00 ARTHRITIS 11:30 STRETCH & RELAX PM SHOPPING-SHAW'S LEGION & BARSTOW</div>
<div>7</div> <div>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG PM SHOPPING-SHAW'S CUSHING & OTHERS</div>	<div>8</div> <div>9-12 BEAUTY SALON 9:30 MORNING OUT 1:00 TAI CHI 1:00 COLORING PM SHOPPING KOHLS/STOP&SHOP</div>	<div>9</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 12:30 Hearing Tests 1:00 POKER/BINGO</div>	<div>10</div> <div>9:30 WALNUT HILL 10:00 BOWLING 10:00 BOOK CLUB 10:00 EXERCISE W/ CHRIS 10:00 ASK-A-LAWYER 11:30 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL</div>	<div>11</div> <div>HOLIDAY PARTY AT NOON NO OTHER ACTIVITIES</div>
<div>14</div> <div>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG 1:00 HOLIDAY TEA PM SHOPPING-SHAW'S CUSHING & OTHERS</div>	<div>15</div> <div>9:00 BLOOD GLUCOSE 9-12 SHINE (By Appt) 9:30 MORNING OUT 9:30 MENS DISCUSSION 1:00 TAI CHI 1:00 COLORING 1:00 WATERCOLOR PM SHOPPING STAR/MARSHALLS MARSHFIELD</div>	<div>16</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER/BINGO</div>	<div>17</div> <div>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL</div>	<div>18</div> <div>8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 ART MATTERS PM SHOPPING-SHAW'S LEGION & BARSTOW</div>
<div>21</div> <div>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG PM SHOPPING-SHAW'S CUSHING & OTHERS</div>	<div>22</div> <div>9:30 MORNING OUT 1:00 TAI CHI 1:00 COLORING PM SHOPPING HANNAFORDS</div>	<div>23</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER/BINGO</div>	<div>24</div> <div>NO PROGRAMS</div>	<div>25</div> <div>NO PROGRAMS CENTER CLOSED</div>
<div>28</div> <div>8:30 YOGA 9:30 BLOOD PRESSURE 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG PM SHOPPING-SHAW'S CUSHING & OTHERS</div>	<div>29</div> <div>9:30 MORNING OUT 1:00 TAI CHI 1:00 COLORING PM SHOPPING MARKET BASKET</div>	<div>30</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER/BINGO</div>	<div>31</div> <div>NO PROGRAMS</div>	<div>32</div> <div>HAPPY NEW YEAR WELCOME 2016</div>

*All the seniors in town
are reading this newsletter.*

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Call to place an ad today

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Conscious
Recycle!**

REMINDER!!
EMERGENCY PREPAREDNESS
TUESDAY, DECEMBER 1, 2015 at 11AM
Light lunch to follow at Noon
Pizza , Salad and Dessert

Dawn Sibor will present the Emergency Preparedness Begins at Home program for elders. It is an interactive presentation and demonstration with information, tools and resources (done simply) for elders. She has done this in Brookline and Wellesley multiple times per year. She has done these trainings for those with low vision, elders, those who live in public senior and community housing, supportive living communities and for many other residents. Sign up required by November 24.

GIVING TUESDAY DECEMBER 1, 2015

The Hanover Senior Center is proud to be part of Giving Tuesday. Giving Tuesday is a global day dedicated to giving back. On Tuesday, December 1, 2015, charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give. it's a simple idea. Just find a way for your family, your community, your company or your organization to come together to give something more. Then tell everyone you can about how you are giving. Join us and be a part of a global celebration of a new tradition of generosity. We will be collecting donations of children and adult socks, mittens, hats, scarves and assorted stocking stuffers. Please bring them to the Senior center on this special day so that we may share them with the needy communities. Thank you.

WALNUT HILL GARDEN CLUB

THURSDAY, DECEMBER 10, 2015

9:30AM

\$7.00

Class size limited.
Sign up is necessary.



PLEASE RING THE BELL !

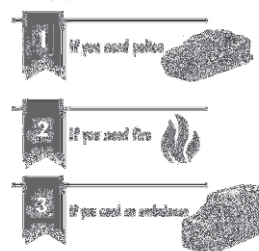
We would love to be at the front desk chatting with you and signing you up for programs, but that is not all that we do at the Senior center. Our Outreach , Transportation and Volunteer Coordinators as well as the Center's Director are busy with clients, meals, outreach, van rides, program coordination, town departments and Seniors who drop in for appointments with us all. If there is no one at the desk, please be assured we are doing one of many things that keep our Center vital, active and very popular. Please ring the bell at the reception desk and we will be only too happy to assist you.. We thank you for your patience and understanding



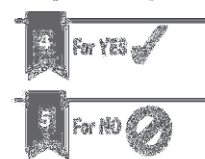
The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press



If the 9-1-1 dispatcher asks questions, press



Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911

The "Silent Call Procedure" is used when a caller is unable to verbally communicate their emergency over the phone. If a resident of Massachusetts calls 9-1-1 and is unable to speak for ANY reason (i.e. physical disability, domestic violence, home invasion, or medical condition) the need for help can still be communicated to a 9-1-1 dispatcher by using the **SILENT CALL PROCEDURE**. With the Silent Call Procedure, the caller indicates their need for help by pressing digits on their telephone keypad. The Silent Call Procedure can work from ANY touch tone telephone (land line/cell phone).

FIRST DIAL 9-1-1

Once the call is answered, indicate your need by pressing the appropriate number on your telephone.

If YOU NEED POLICE--PRESS 1

FIRE,PRESS 2,

NEED AN AMBULANCE—PRESS 3

The 9-1-1 Dispatcher may ask questions that require yes or no answers. PRESS 4 FOR YES, PRESS 5 FOR NO.



JOIN US
 FOR A
 HOLIDAY PARTY
 FRIDAY
 DECEMBER 11, 2015
 At NOON
 CATERED BY
 HART BROTHERS
 ROAST BEEF DINNER
 MUSIC BY
 LAURA JAMES WILLINGHAM
 \$15.00

Please remember: Sign up begins Monday, November 30 for Hanover residents only. Sign up will begin for non Hanover residents on December 2. You may sign up for yourself and one other person only..There will be no sign ups after December 5, 2015.

There will be no refunds and no phone calls. You will notice that the price has gone up to \$15.00. Please keep in mind that is still less than half of what we pay for everything.

Thank you Friends of Hannover COA for subsidizing this event!

Thank you Men's poker club and the Morning Out Jewelry Table Team, Carolyn Ryan and Mary Mc Dermott. Both group's donations have helped pay for our entertainment!

HOLIDAY TEA
 With
 Donna and Ron Lasko
 Monday
 December 14, 2015 at 1:00
 \$3.00
 Reservations are necessary.

Sign up and pay by December 9

This entertaining & educational program, presented by Donna & Ron Lasko reveals the origin and true meanings behind the oldest known Christmas Carol, "The Twelve Days of Christmas." For instance you will be surprised that the "5 Golden Rings" has nothing to do with jewelry!

This program takes you on a journey that explains the 10,000 year history of this great holiday, how it evolved into 12 days; what it all means; how we can extend our own holiday season in celebrations, joy; while understanding the secret meanings of the oldest known Christmas carol that has puzzled modern man—"The Twelve Days of Christmas".

Copyright 2015 by Donna & Ron Lasko



VETERANS

December, 2015

Tricare is the military healthcare program primarily for retirees. Tricare has announced a new prescription drug clearance system that will block from coverage some ingredients used in compounded medications like pain killers.

The changes reflect concerns about compounded medications that may be unsafe or ineffective. They will most heavily impact prescription pain killers, which make up the majority of compounded medications.

Tricare has also stated that the majority of compounded medications will continue to be covered. Tricare's pharmacy partner, Express Scripts, will now screen every ingredient included in any give compound medication. If all ingredients do not match the accepted list, coverage will be denied.

Tricare will notify Veterans who have ordered compounded medications of these changes and resolutions.

If you have questions about your military/Veterans benefits please contact Hanover's Veterans' Service Officer, Mike Thorp. Located at town hall, 781-829-0968.

HEARING TESTS RETURN

Due to the huge response to October's visit from Patricia Wilbur and Cherie Kish of Affordable Hearing, They will return this month. Call for an appointment at 781-924-1913. They will be here December 9, 2015

NEW & RENEWED FRIENDS

Anne McIntyre, Norma Morgan, Judith Bina, Barbara Nicholson, Janet Issa, Jeanmarie Foster

ADDITIONAL DONATIONS

Janet Issa, Norma Morgan, Anne McIntyre, Chickie Walker

IN MEMORY OF:

James Gallant by:

Paul & Janice Stroessner, Fred & Gail Briggs
The Balboni Family, Delores & Gordon Cann
Kelsey Holbrook, Deb & Jon Cooley
Sealund Corp., Leonard & Claire Vaz
Emilson Family, Christine LeBlanc,
The Happy Hookers Club
Joseph & Carol Saccone, Dwaine & Regina Cook,
John & Jacqueline MacDougall,
Charles & Phyllis Howland,
Nancy & Richard Ridder,
Eleanor Kimball

Also In memory of:

Jean Marie Foster in memory of William Foster
Joseph & Eileen St. Onge in memory of Fritz Reincke

THANK YOU CORNER

Thelma Litchfield, Pat L'Italien, Dollie Gately, Janet Kirby, Claire Garrigan, Norma Morgan, Gretchen Thibeault, Eileen Zadorian, Marilyn DeBoer.

ART MATTERS

FRIDAY, DECEMBER 18, 2015 AT 1:00

\$2.00

MUSIC AND DANCE

The human brain is an amazing thing. We use visual images to communicate with one another as a species. We look at images with our eyes, but pictures can connect us to our other senses as well; sound, touch, even taste & smell. We hear the music, feel the movement and can remember events in our lives with all of our senses, just by looking. Join us for some "sensory recall", as we look at images that let us listen, dance and connect to the world and our own lives.

HOW CAN I MAKE SURE I GET MY FULL PENSION WHEN I RETIRE?

Workers who retire with a pension from their employer may never expect to get into a dispute over how much their pension is worth---but it can happen. To make sure your employer gives you all the money you are owed, you need to keep your own records.

The Pension Action Center at the University of Mass Boston Gerontology Institute works to improve retirees' and workers' standard of living in retirement through work with individual cases, as well as advocacy and analysis to reform of public policy. The Center recently published a paper called ***Protect Your Pension: Important Documents You Should Keep.*** Here are excerpts from that paper:

No matter what kind of pension or retirement plan your employer offers, you should keep certain documents indefinitely to ensure that you receive the retirement benefits you have earned. We recommend that you save the following information

- The Summary Plan Descriptions for any and every plan in which you've participated
- Any and all benefit statements you have received from those plan(s)
- All other pension-related correspondence (such as letters saying you are vested.
- Names, addresses, and phone numbers of employers where you earned a pension.
- Detailed records of your employment dates, pay status (hourly, salaried, union-covered), compensation (wages, retirement benefits), and breaks in service.
- Copies of union pension notices and union membership cards
- Notify your pension plan administrator of any address changes so that the plan has your most current contact information.

Are there withdrawals from the account

Continued.....

If you have a 401(k) or other retirement savings plan through your employer, look at your account statements: How frequently do you get account statements? Have you kept them? Do they come at regular intervals? Do the statements show your contributions going into the account on a regular basis? Does the statement show what the investments are? Are these the investments you authorized? Is there a significant drop in the account balance?

You should also understand the investments in your account: Does the statement show transactions you did not authorize, such as loans or withdrawals? Did you decide the account in which to invest? If so, do you get quarterly statements? Do you at least get annual statements? Is your account invested in employer stock? If so, what percentage is in employer stock? Are you allowed to change this? If you decided what account in which to invest, did you get information on the fees charged for each investment? Did you get a statement from your employer of any fees charged to individual accounts for administration of the plan such as legal or administrative fees?

- Do you know how your plan works? Did you receive a Summary Plan Description (SPD)?
- Do you have reasons to be worried about the plan? Is your employer having financial problems?
- Have your co-workers had difficulty getting information or distributions from the plan?

Making sure you are getting the pension payout you deserve is your responsibility. If you have concerns, The Pension Action Center can be reached at www.umb.edu/pensionaction or 888-425-6067.

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Please make checks payable to Friends of Hanover COA and mail to:
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2015

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____